

Nutritional Status Assessment

The **Nutritional Status Assessment** was developed as a Supplemental Medical Objective as part of the Space Medicine Program. This project was completed on NASA/Mir Increments 6 and 7. This is being done for the International Space Station.



Dietary intake is recorded weekly using a computerized food frequency questionnaire (FFQ). Dietary intake, body composition, protein, bone, iron, mineral, vitamin and antioxidant status are measured in the participating crewmembers. Blood and urine samples are collected along with dietary intake information to assess their nutritional status.



These procedures will also provide a better understanding of the physiological changes that occur in microgravity. Furthermore, the studies will be helpful in defining and assessing countermeasures to the physiological changes.

The nutritional assessment profile was developed in collaboration with an extramural panel of experts, including:

- ❖ *Gladys Block, University of California at Berkeley*
- ❖ *Stephen Coburn, Fort Wayne State Developmental*
- ❖ *Center Michael Holick, Boston University Carl Keen,*
- ❖ *University of California at Davis Donald McCormick,*
- ❖ *Emory University James Olson, Iowa State University*
- ❖ *Connie Weaver, Purdue University*